



Sample Coffee Message, courtesy of TRIPLE SHOT President, Martin Farnham.

Hey folks,

As a courtesy, and in case they get calls from concerned citizens, I've notified the Oak Bay Police that we're reopening. So there's a chance we'll get a drive by in the morning. Please do your part to make sure we're operating like a Swiss timepiece.

We have 77 people scheduled to ride tomorrow, at the time I'm writing this. So any sloppiness will show.

Please arrive at the right place at the right time. Do not arrive more than 2 minutes before your scheduled *departure*. Circle the block if necessary. And please always maintain 2m distancing while assembling in the parking lot.

Special note on coffee:

We have this elaborate system set up to limit exposure on rides and facilitate easy contact tracing in the event that someone on a ride gets sick.

Then we go to coffee. If people let their guard down at coffee, then all the work on creating covid-safe rides goes out the window and we're no longer doing the right thing by our fellow club members and our community. And Cycling BC (or our Exec in its duty to follow Cycling BC guidelines and protect the club's reputation) will be forced to shut us down again.



CYCLING BC

So, please

- 1) Consider having coffee with your ride group at a different coffee shop from where the group usually assembles, to ease crowding.
- 2) Avoid sitting inside. The science on transmission is far from certain, but there is a general consensus that transmission probabilities are vastly higher indoors. It's summer...please play outside. There won't be enough seats outside, but you will have just been sitting for over an hour in your saddle. Stretch your legs.
- 3) Avoid yelling. It broadcasts more aerosols further.
- 4) Maintain 2m distancing. If you're at a normal conversational distance from someone, you're probably not 2m apart. If it doesn't feel a bit odd, you're probably not doing it right.
- 5) Take the people you're talking with away from the main crowd. Spread out. Use the parking lot. Use the nice patch of grass under the big tree. Don't block pathways or entrances.
- 6) Do not handle other people's drinks. Pick up your own coffee. Use your hand sanitizer.

I know community spread on the island is probably zero now. But it will pick up again, and we won't know for 2-4 weeks that it's happened. And that's a lot of rides and coffees in the interim. Please act like Covid-19 is on the island and currently spreading.

Thanks.
Martin